

explicit

MTU STUDENTS' UNION MAG



MTU CORK
STUDENTS' UNION

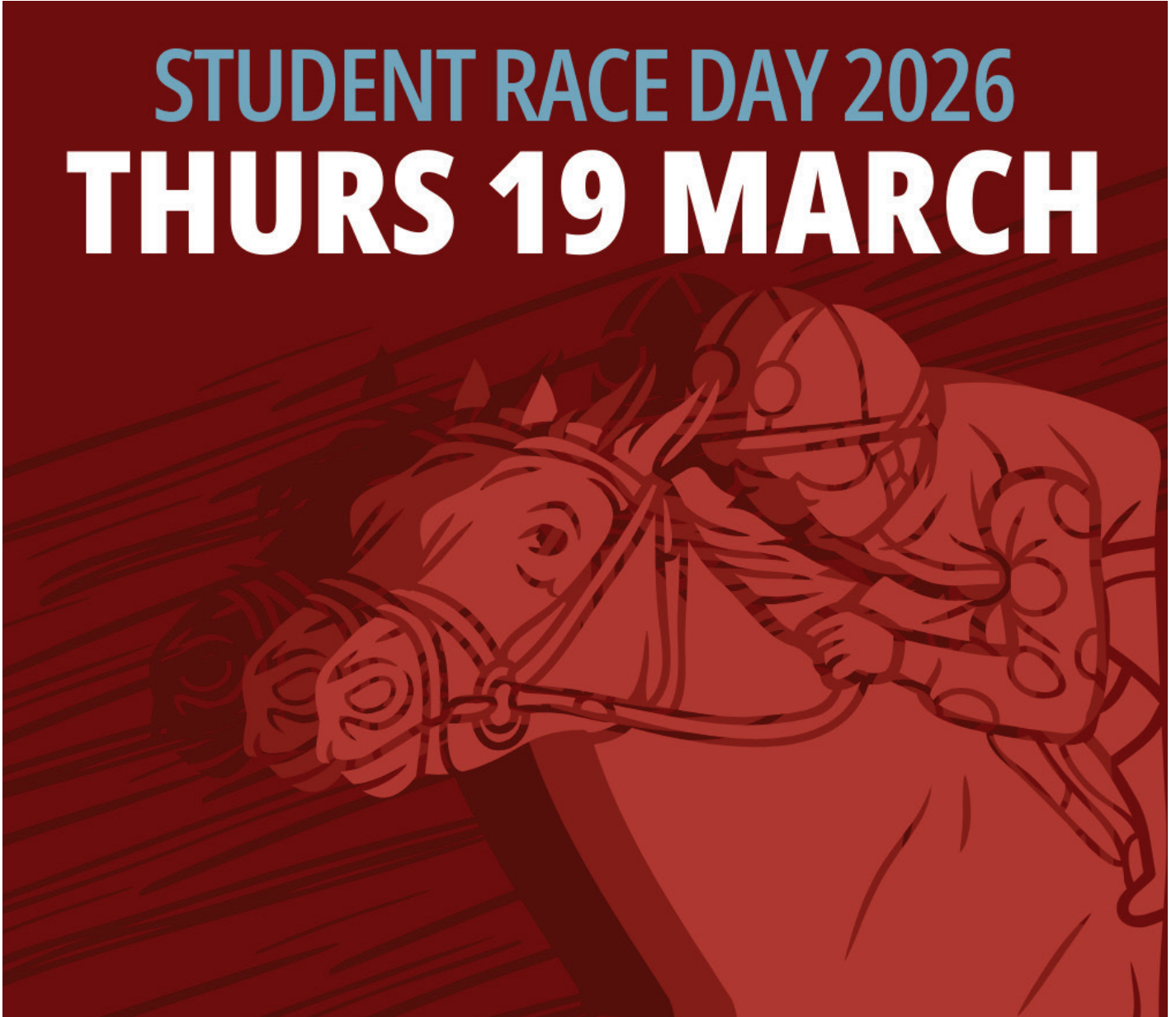
Use storytelling to help
your career, Pages 18-19

Side hustle: become a
Student Leader! page 15

Love & Digital Trust
pages 4-5

Eating Well Without Losing
Your Mind pages 8-9

STUDENT RACE DAY 2026 THURS 19 MARCH



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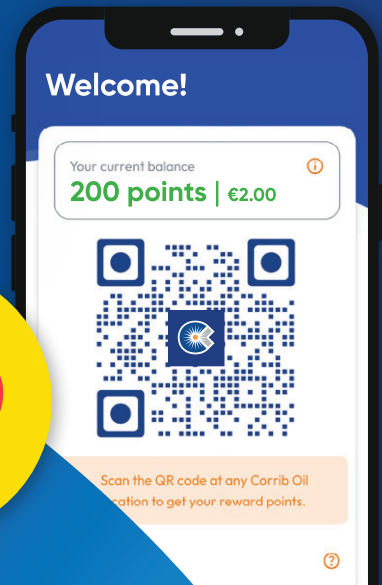


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Formerly Lee Garage, Model Farm Road, Cork, T12 T326

**A FRIENDLY SPACE TO MEET AND MIX FOR AN HOUR
STUDENTS AND STAFF WELCOME!**

ACTIVE CHATS
coffee club

**TRACK WALK/RUN
BOARD GAMES
BADMINTON
TABLE TENNIS
YOGA
TEA AND COFFEE
CHATS!**

**STARTS OCTOBER 9TH
8AM - 9AM**

**THURSDAYS THROUGHOUT
THE ACADEMIC YEAR
IN MTU ARENA**



MTU
Cork
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MTU
Counselling
Counselling and Psychotherapy
for students

MTU
ARENA

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HIGHLIGHTS

- 4** **Love, Trust and The Digital Line**
Exploring digital relationships
- 7** **Student Survey 2026**
Have your say, make an impact
- 8** **Focus Your Brain**
Food, Mood & focus for MTU students
- 12** **Flynn's Flyin Column**
Slow down. Look around. Remember
- 14** **Carpooling App**
KINTO JOIN launches
- 18** **Telling Your Story**
and enhance your career prospects

MTU CORK
STUDENTS' UNION

STUDENT RACE DAY 2026
TICKETS ON SALE
MON 2nd MARCH at 9am
BUY EARLY TO AVOID DISAPPOINTMENT

EVENT DATE 19 MARCH



MTU CORK
STUDENTS' UNION

Don't forget to check your MTU Student
Emails for Exclusive Access Link to the
Student RACE DAY ticket sales.

MAX 2 PER PERSON

PLEASE NOTE- The buyer of the ticket(s)
must produce an MTU Students Card on
the day of RACE DAY

TICKETS:
€42
PER TICKET

First 1200 tickets
include bus to and
from the Race Course

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**YOUR
UNION
YOUR
VOICE**

The views expressed are solely those of the author and do not necessarily reflect the views of MTU Cork Students' Union

Love, Trust & The Digital Line

Emma.RussellRyan,
MTU Student Counsellor

Noticing the small patterns before they become problems

There's a Better Way to Love

Maybe it started with a message they didn't answer.

You saw they were active. Still nothing back.
So you sent another. Then another.

You told yourself it was just love. Just care. Just wanting to feel close.

Or maybe you asked for their password —
“Just to prove there's nothing to hide.”

Maybe you checked their Snap Map.
Maybe your stomach dropped when they posted a selfie — and didn't tag you.

This isn't about labelling anyone as abusive.
It's about noticing the small, everyday digital behaviours that can quietly slide from care into control.

Let's be honest.

That twisting feeling in your chest.
The fear they're pulling away.
The anxious voice saying, If I don't know what's going on, I can't feel safe.

It can feel overwhelming — even if you never show it.

And when that fear takes over, it can lead us to act in ways we don't feel proud of.

Control doesn't always look like shouting or threats.

Sometimes it's asking the same question again and again until they give in.
Sometimes it's “If you loved me, you would...”
Sometimes it feels like love — until it starts to feel like pressure.

You're not broken.

But you might be acting from a place that's hurting you — and them.
Maybe you're scared, anxious, or repeating patterns you didn't choose.
Maybe you're trying to feel close in ways that actually push people away.

If any part of this feels familiar, that's not shame — it's awareness.

And awareness gives you choice.

You can pause.
You can ask yourself what's really going on underneath the urge to check, message, or monitor.
You can build trust instead of trying to secure it through control.

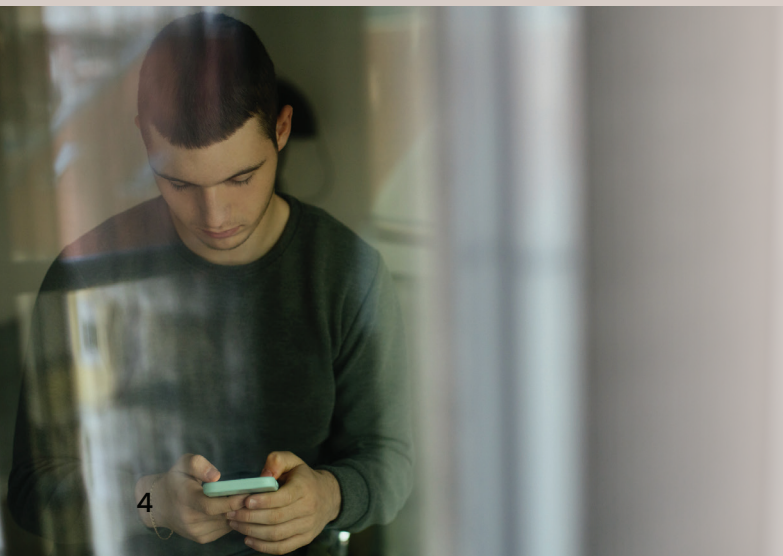
Sometimes the hardest part is knowing where the line actually is — especially online, where boundaries blur and expectations often go unspoken.

That's why taking a moment to reflect on your own digital behaviours can be powerful.

Being close to someone doesn't mean being in control of them.

“

Hurt can still happen — even when we didn't mean to cause it.



Digital Self-Check ...

Is It Love – or Control

In digital relationships especially, behaviours that feel caring can quietly turn into pressure.

This isn't about blame or labels. It's simply a pause – a chance to notice patterns in yourself.



Social Media: Connection or Control?

Ask yourself:

- Do I feel uneasy if my partner keeps their account private?
- Have I asked to see who they follow or who messages them?
- Do I feel hurt if they don't post about me?

Pause: Wanting reassurance is human. Expecting constant visibility or access can cross into control when it overrides someone else's autonomy.

Location: Trust Doesn't Mean Tracking

Ask yourself:

- Do I expect location sharing all the time?
- Have I checked Snap Map or Find My without their consent?
- Do I feel anxious when I don't know exactly where they are?

Remember: Knowing everything isn't the same as trusting.

Phones, Passwords & Access

Ask yourself:

- Have I asked for passwords "to prove trust"?
- Do I think, if there's nothing to hide, they should share?
- Have I checked their phone without permission?

Important: Privacy is not secrecy. Boundaries protect relationships.

Intimate Images & Consent

Be honest:

- Have I pressured someone to send intimate images?
- Have I shared something private without clear consent?

This matters: In Ireland, sharing intimate images without consent is a criminal offence and can cause lasting harm.

Texting, Calls & Space

Ask yourself:

- Do I get upset if replies aren't immediate?
- Have I sent repeated messages when I didn't get a response?
- Do I expect calls or video chats on demand?

Red flag: Constant access isn't closeness.

If This Hit Close to Home

Seeing yourself in these questions doesn't make you a bad person. It means you're noticing something – and awareness is where change starts.

You might gently ask yourself:

- What's underneath the urge to check or control?
- Is it fear, insecurity, or past hurt?
- What would trust look like here instead?



Healthy love is built on trust, respect and choice – not control.

Support

If you'd like space to reflect or talk things through:

MTU Counselling Service – free, confidential support on campus

Turn2Me – anonymous online support

Men's Aid Ireland – 01 554 3811

SpunOut.ie – relationship support for young people

IACP – find a therapist

FREE PARK & RIDE

Drive to the Curraheen Park Greyhound Stadium (T12 HNP4).

Park your vehicle in one of the MTU Park & Ride spaces.

Get on the MTU Park & Ride Bus (you may be asked to show your MTU Staff/Student ID).

Get off the bus at the MTU Le Chéile Building.

Times as follows:

Greyhound stadium opening hours

Mon-Fri 7:30am – 7:00pm

8am – 10am (every 15 mins)

Leaving the greyhound stadium every 15 minutes.*

10am – 4pm (every 30 mins)

Leaving the stadium every 30 mins **on** the hour and 30 minutes **past** the hour. Leaving MTU campus every 15 minutes **past** and 15 minutes **to** the hour from MTU campus bus stop.*

4pm – 6.30pm (every 15 mins)

Leaving the greyhound stadium and MTU campus every 15 minutes.*

* Subject to traffic conditions



Park and Ride is in operation during term time only



**MTU CORK
STUDENTS' UNION**



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

STUDENT SURVEY 2026

Key Information for Students

ACCESSING THE SURVEY

<https://studentsurvey.ie/>



SURVEY DATES

Opens: Tuesday 24th February at 09:00am
Closes: Tuesday 17th March before 12:00 noon

3 WEEKS

WHO COMPLETES IT?

- First-Year Undergraduates
- Final-Year Undergraduates
- Taught Postgraduate Students

HOW YOU WILL BE INVITED

You can access StudentSurvey.ie in three ways:

- You will receive an official email invitation on Tuesday 24th February from mtu@etioglobal.org
- The survey will be accessible on the [StudentSurvey.ie website](https://studentsurvey.ie) from Thursday 26th February.
- A generic survey link will also be available from Thursday 26th February.

GETTING STARTED

1. Access StudentSurvey.ie through your email, the website, or the generic link
2. Select Munster Technological University as your institution.
3. Enter your Student ID and Month of Birth to log in.
4. Go to Survey

Survey Duration

Takes approximately 10 minutes to complete

WHY STUDENTSURVEY.IE MATTERS

- The national [StudentSurvey.ie](https://studentsurvey.ie) gathers vital student feedback that informs how MTU enhances your higher education experience.
- Helps to identify what's working well and what needs to improve
- Ensures the student voice influences university decisions to help improve the overall quality of the student experience
- **Higher response rates = stronger student voice and more meaningful change**

PREVIOUS MTU RESPONSE RATE:

30%+

Our goal: Increase participation for more reliable and impactful data

WHAT YOU CAN DO

- ✓ Check your email and open the survey invitation
- ✓ Take 10 minutes to complete the survey and share your honest feedback
- ✓ Complete it in one go or log in and out - your responses are saved
- ✓ Encourage your classmates to take part
- ✓ Be in with a chance to **win digital gift cards and One4all vouchers up to €100!**

ANY QUESTIONS?

<https://studentsurvey.ie/faqs-students>



Make an Impact

Feed Your Brain: Food, Mood & Focus for MTU Students

Eating Well Without Losing Your Mind

Sam Lynch
MTU Student Counsellor

Eating sounds simple. You get hungry, you eat, you move on.

But for many students, food becomes complicated — tied up with stress, body image, gym culture, tight budgets, social media trends and the pressure to “optimise” everything.

As MTU prepares for the upcoming event **“Our Complicated Relationship with Food & Body,”** it’s worth asking: what does healthy, non-disordered eating actually look like?

Consistency Over Perfection

A balanced diet does require some effort. Planning meals, budgeting and eating regularly don’t happen automatically. Research consistently shows that regular, structured eating supports:

- steadier mood
- better concentration
- more stable energy
- reduced irritability and anxiety

But commitment is not the same as perfection.

- Thoughts like:
 - “I can never eat that.”
 - “I’ve ruined today.”
 - “I need to work this off.”

...can be early warning signs that eating is becoming rule-based rather than nourishing.

Psychological research shows that the stricter the food rules, the more likely they are to backfire.

The Food Fad Trap

College life is prime territory for food trends:

- Keto
- Juice cleanses
- Detox teas
- “Clean eating”
- High-protein everything

Nutrition science does evolve, but social media often amplifies extremes. Many fads:

- promise quick, dramatic results
- label foods as “good” or “bad”
- ignore real student life (budget, culture, time)

Being interested in nutrition is positive. But when tracking or calorie counting starts to create anxiety, guilt or constant preoccupation, the focus has shifted from health to control.

Food is fuel — but it is also social, cultural and practical.

The Flexibility Advantage

Here’s the paradox: the healthiest eaters are often the most flexible.

They can enjoy a takeaway with friends without spiralling into guilt. They can eat cake without calling it a “cheat.” They can also stop when comfortably full.

Flexibility protects against both rigid restriction and chaotic overeating.

You can value health and enjoy dessert. Both can be true.

The Reality of Student Life

Ultra-processed food is cheap, fast and heavily marketed. For many students, grabbing quick food between lectures or shifts is sometimes the only realistic option — and that’s okay.

Instead of aiming for perfection, aim for better when you can.

Small changes add up.

When to Check In With Yourself

- Consider reaching out for support if:
 - you frequently feel guilt or shame after eating
 - your mood depends heavily on food intake
 - food rules interfere with social life
 - you feel out of control around food

Healthy eating isn’t about chasing perfection. It’s about steadiness, flexibility and self-compassion.

If this topic resonates with you, I’d encourage you to attend “Our Complicated Relationship with Food & Body” in CSM this Tuesday February 24th. It’s open to all students, and booking is available online. We’ll explore these themes in more depth and create space for informative conversation.

Find out more at:
<https://www.bodywhys.ie/eating-disorders-awareness-week-2026/>

“Food is part of life.
It shouldn’t dominate it.”



What to Eat

Deirdre McHugh
MTU Student Counsellor

What we eat has a powerful effect on how our brain functions. The foods we choose every day can help support – or undermine – our mental wellbeing.

Research shows that people who regularly eat diets rich in fruit, vegetables, fish and wholegrains tend to experience fewer mental health difficulties.

Your brain may only make up about 2% of your body weight, but it uses up to 20–40% of the nutrients and energy you consume. When you eat, you are primarily feeding your brain.

There Is No Magic Nutrient

The brain is complex and needs a wide range of nutrients to produce key neurotransmitters like serotonin, which plays an important role in mood.

For example, converting the amino acid tryptophan into serotonin requires:

- calcium
- iron
- potassium
- zinc
- copper
- vitamins B1, B2, B3 and B6

The takeaway is simple: your brain – and your mood – work best with a varied, balanced diet.

The Mediterranean Advantage

The Mediterranean style of eating shows some of the strongest links with positive mental health. It emphasises:


- fresh fruit and vegetables
- nuts and healthy fats


- dairy foods
- lean meat and fish
- wholegrains
- minimal processed food


Simple, sustainable changes can gradually become lifelong habits that support mental fitness.


Trust your body and start small.


What to Eat for Better Brain Power


 **Complex Carbohydrates**
Wholegrains and sweet potatoes provide steady energy and support memory.


 **Protein**
Supports focus and working memory. Good sources: eggs, yogurt, lean meat, beans.


 **Fruit & Vegetables**
Aim for variety to supply essential brain nutrients.

 **Omega-3 & Healthy Fats**
Found in nuts, seeds and oily fish – important for mood and memory.

 **Berries**
Blueberries are rich in polyphenols that support attention and focus.

 **Dark Chocolate (70%+)**
Contains flavanols linked to improved mood and cognition.

 **Water**
Even mild dehydration can affect concentration and memory.

 **Final tip:** Plan your snacks like your study sessions – your brain needs regular fuel.

Quick Recipe: Mushroom & Spinach Frittata

Perfect for breakfast, lunch or dinner.

Why it helps

- Eggs and mushrooms provide vitamin D
- Spinach supplies magnesium for nervous system support
- Eggs contain choline for brain health
- Rich in vitamin B6 to support mood neurotransmitters

Ingredients

- 5 eggs
- 240 ml milk (or almond alternative)
- ½ tsp salt
- ¼ tsp black pepper
- 1½ tsp dried parsley
- 1 tbsp olive oil
- 30–40 g spinach
- 75 g mushrooms

Method

1. Preheat oven to 150°C and line a 23 cm dish.
2. Whisk eggs, milk, salt, pepper and parsley.
3. Sauté mushrooms and spinach for about 3 minutes and cool slightly.
4. Place vegetables in dish and pour over egg mixture.
5. Cover with foil and bake 15–18 minutes until just set.





THE LISTENING SPOT

The CSM Library's Hidden Gem



Some of the music featured in
The Listening Spot



1st year Pop Degree student
Sam Carr



2nd year Pop Degree student
Paul Campbell

As we settle into the rhythm of a new semester, there's one spot on the CSM campus that deserves a place on your timetable – and it's not another lecture hall. Tucked inside the bustling CSM Library is a hidden gem designed with your well-being in mind: The Listening Spot.

When exams and assignment deadlines are creeping closer, finding space to pause is essential. The Listening Spot offers exactly that. Home to an incredible collection of over 13,000 LPs and CDs, this dedicated audio space invites students to explore new sounds, revisit old favourites, or simply unwind between study sessions. Whether

you're searching for the perfect soundtrack to power through revision or just need 30 minutes to reset, there's something on the shelves waiting for you. Students consistently describe the space as a welcome escape from the buzz of campus life. As one visitor shared, ***"It is a really peaceful place to decompress from the craziness of the rest of the building and concentrate on listening to whatever it is that relates to your studies on any given day."*** High praise for a corner of the library that's all about listening.

What makes The Listening Spot truly special is its student-led spir-

it. Feedback plays a central role in shaping the space, from music selections to equipment and even furniture. The library team actively listens (pun intended!) to suggestions to keep the experience fresh and relevant.

This year, the library is also collaborating with student engagement associates Caolán Flynn and Anna Keyes, who are bringing fresh energy, creative ideas and serious musical knowledge to promote and enhance the space.

So, make time to drop in. Your new favourite study break might just come with a vinyl soundtrack.

Your new favourite study break location:

**The Fleischmann Library
MTU Cork School of Music,
Union Quay**



**LIBRARY LEARNING
COMMUNITY**



MTU Student Sexual Health

The Student Health Centre provides a wide range of sexual health services free of charge. All sexual health services are nonjudgmental and confidential.



Sexually transmitted infection testing (symptomatic and asymptomatic)

STI treatment and management

Cryotherapy (wart treatment)

Onwards referral to GUM clinic if required

Partner notification support

Sexual health advice

Information on PEP and PREP

LGBTQ+ sexual health support

Sexual health vaccinations

Sexual assault support and signposting

Condoms and lubricant

Free contraception for 17-35 year olds

LARC contraception (implanon & intrauterine device)

Pregnancy testing and support

Emergency contraception and support

Sexual health promotion, education,
awareness and guidance

To Book Your Apointment **Call 021 433 5780**

Slow Down. Look Around. Remember

A campus column on safety, subculture, and the moments that shape us.

Roads, Responsibility, and Remembering What Matters

I want to start this month on a serious note – road safety – particularly in light of a deeply tragic incident in Dublin.

On Sunday, January 26th, 2026, in Finglas, sixteen-year-old Grace Lynch lost her life while crossing at a pedestrian light, struck by a scrambler bike travelling at speed. Her death has understandably sparked grief, anger, and renewed calls for action. Friends and family have honoured her memory with dignity, while public demonstrations have once again highlighted the dangers posed by vehicles designed for off-road racing being used in residential areas.

We've heard these calls before. Draft legislation has circulated for years, but delays and loopholes continue to stall meaningful change. And while e-scooter regulations have finally been introduced, enforcement feels almost optional. Anyone walking through town can see it: scooters flying down footpaths, weaving through pedestrians, often without lights, helmets, or any real awareness of the people around them.



Unfortunately, this behaviour isn't limited to motorised vehicles. Cyclists too regularly ignore basic safety – riding at night without visibility gear, mounting pavements, or taking chances on busy roads. It all adds up to a culture of risk that too many of us have normalised.

With Safety Week just gone by, there's no better moment to reflect. For students especially, independence often comes hand-in-hand with mobility – bikes, scooters, lifts from friends. But freedom comes with responsibility. Respect the road. Respect pedestrians. Wear safety gear. Use lights. Follow signals. These aren't minor details; they're lifesaving habits.

May Grace Lynch rest in peace, and may her loss finally prompt the action that has been delayed for far too long.

“ ***Freedom on wheels only works when everyone respects the road*** ”

“ University isn’t just lectures and deadlines – it’s friendships, growth, heartbreak, laughter, and memories that sneak up on you years later. ”

Prime Time: When Cork Went Alternative

Last year I wrote about Cork institutions that quietly slipped into history. Sadly, another has now joined that list: Prime Time.

Founded in 1992, Prime Time became far more than just a shop. For decades it served as a cultural hub, introducing alternative fashion and skate culture to the city long before online shopping made everything instantly accessible. It stocked brands and gear that couldn’t be found elsewhere, drawing in skaters, surfers, musicians, DJs, graffiti artists – anyone who felt a little outside the mainstream.



The late 90s and early 2000s were its golden era. Influenced by nu-metal, skate culture, and the rise of American

teen cinema, Prime Time thrived, supporting gigs and events while quietly nurturing local talent. Many artists and creatives trace their early opportunities back to that space. Former staff members went on to impressive careers, some even working directly with major skate brands.

Located on Washington Street, it became part of Cork’s social fabric – a meeting point, a statement, a community.

But time moves on. Online retail made niche brands easier and cheaper to access. Skate fashion became mainstream. Even skateboarding itself shifted toward corporate sponsorship and Olympic recognition, softening the rebellious edge that once defined it. Add rising overheads and over three decades of hard work, and eventually it was time to close the doors.

Still, the farewell was warm and heartfelt, echoing the send-offs given to other beloved Cork staples in recent years. Legacy matters.

Walk around campus today and you’ll still see Prime Time’s influence everywhere – in student fashion, in music societies, in art spaces, in the quiet confidence of young creatives carving their own identities. Culture

doesn’t disappear when a shop closes. It evolves.

Maybe something new will rise from the inspiration left behind. After all, each generation gets to redefine what alternative means.

Sláinte, Prime Time – and thanks for the memories.

The 10-Year Challenge (Student Edition)

The latest trend online is the “10-year challenge,” and it’s strange to think how much can change in a decade. Back in 2016, global politics dominated headlines, celebrity losses mounted, and uncertainty felt constant. On a personal level, it was also a year packed with defining moments – many of them rooted in student life.

That year included fundraising during RAG Week, meeting comedians, helping a photography society win national recognition (even if the trophy briefly came back engraved with the wrong category), and juggling studies alongside representation duties.

It also brought loss, with my father passing away in May. The support I received from the college community during that time made an enormous difference, helping me push through exams and finish my degree.

There were highs too: graduating in June, watching unforgettable football moments abroad, seeing legendary bands live, discovering new places that would later become favourites, and launching this very column in September.

Looking back, what stands out isn’t just the milestones – it’s the people, the shared experiences, and the way student life quietly shapes who we become.

Some things change. Some don’t. But one truth remains: cherish the moments while they’re happening. University isn’t just lectures and deadlines – it’s friendships, growth, heartbreak, laughter, and memories that sneak up on you years later.

Life moves fast. Don’t forget to live it.



“ Some things change. Some don’t. But life moves fast – don’t forget to live it. ”



CARPOOLING APP LAUNCHED ACROSS SIX CAMPUSES

JOIN A COMMUNITY OF CAR-POOLERS AND MAKE YOUR COMMUTE MORE ENJOYABLE

MTU has introduced a new shared-mobility app, **KINTO JOIN**, to support more sustainable and affordable travel across its campuses. The app enables staff and students to share journeys, helping reduce single-occupancy car use, ease parking pressure and cut transport emissions. It will be available to around 20,000 members of the MTU community.



With campuses spread across Cork and Kerry, we recognise that we have a responsibility to reduce our carbon footprint by commuting as sustainably as possible. Initiatives like this new app empower our staff and students to make more sustainable travel choices while strengthening connections across our university community.

Professor Maggie Cusack, President of MTU





MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University



Student Services



Apply to be a STUDENT LEADER

Work with Student Services and other Departments on events and activities for the Academic Year 2026/2027

Applications welcome and encouraged from full time students across all MTU Cork Campuses

- Flexible hours that work around your timetable
- Opportunity to develop skills & make new friends
- Rate of pay = €14.77 per hour plus 8% holiday pay



Apply before 5pm on Tuesday 24 February 2026



Check your MYMTU Email

Any queries contact Shane Falvey, Student Campus Liaison Officer
email: shane.falvey@mtu.ie

An MTU Counselling Service Initiative



MTU Counselling



Activities may include:

- Table Tennis
- Crochet
- Cards
- Board Games
- Yoga



ACTIVE CHATS

A friendly space to meet and mix for an hour

Cork School of Music

Tuesday 08:30 - 09:30

27th February

3rd February

10th February

24th February

3rd March

10th March

Crawford College of Art & Design

Tuesday 08:30 - 09:30

14th April

21st April

28th April

5th May

CSM
Foyer



Open to All MTU Students & Staff

FUEL YOUR DAY

THE RIGHT WAY

Free porridge for students
Le Chéile Building

Monday - Friday
8.15am - 10am



An initiative supported by:
Student Services
Access Office
Pastoral Care
Student Counselling
International Office
MTU Cork Students' Union

MUNSTER BASEBALL LEAGUE
EST. 2015

Mon & Thu 7-9pm
First session is FREE!

JOIN US!

BEARS **CORK RENEGADES** **DRUIDS**
AND PLAY
Baseball & Softball!

@DRUIDSMUNSTERLEAGUE
@BEARSMUNSTERLEAGUE
@CORKRENEGADES

Blackrock Hurling Club

The first session is free. Mondays and Thursdays
Blackrock Hurling Club, 7-9pm Everyone is welcome

Mingle Mend Make

Take a break and learn to make.



- ✿ Come join us in MTU Library, Bishopstown
- ✿ Try a little knitting, crochet or sewing. Get hooked on a new skill.
- ✿ Give old clothes a brand-new life.
- ✿ Just come along to make, chat and unwind.

✿ Running for four consecutive weeks

✿ Starting Thursday 26th February

✿ 1 - 2pm

✿ Library Conference Room

Scan to Book



Telling Your Career Story

Everyone enjoys a good story—something with a beginning, middle, and end, plus a few twists along the way. The same idea can help you talk about your career in professional settings.

Using storytelling techniques makes it easier to explain your journey at interviews, networking events, or in applications. It helps you to connect with people, show your values, and highlight how you've grown. It can help you to demonstrate how you have adapted during challenges and applied your learning in new situations.

A storytelling approach lets you go beyond listing facts. Instead, you present a clear, memorable picture of who you are and what you bring to an opportunity. Your authentic stories can help you to stand out from the crowd, while also show that you are a good fit for the role.

Why Storytelling Works

- *Builds trust and familiarity*: Sharing your experiences and motivations helps people understand you. There is also a confidence in delivery that comes with the familiarity of your own story.
- *Memorable*: A strong story sticks in someone's mind.
- *Creates connection*: Authentic, relevant stories help people relate to you.
- *Shows evidence*: Like the STARR* method for answering behavioural competency or situational questions at interview, storytelling combines real examples with results, bringing deeper connection and impact.
- *Brings clarity*: Reflecting on your journey helps you to understand your strengths and priorities and demonstrates insights and learning.
- *Reveals values*: The decisions you made along the way show what influences you, what matters to you, your priorities and your decision-making process and ability.

Where You Can Use Your Career Story

- Networking events, both in person and online
- Presentations, pitches, and conversations for influence such as making a case for funding or resources
- Interviews and applications
- Personal statements and research documents (e.g. for Masters and PhD)
- Leadership or mentoring situations
- Narrative CVs* for a structured and reflective presentation of research, ideas, knowledge, collaboration etc and for mature applicants with varied career history

Tips for Telling Your Story Well

- *Be authentic*: Real experiences are more believable than exaggerated ones.
- *Keep it concise*: Focus on the key points that matter to your audience.
- *Show growth*: Highlight how you've developed and the value you added.
- *Reflect*: Mention what you learned, what went well or what you'd do differently.
- *Demonstrate impact*: What changed because of your work? your impact/added value/the problem you solved.
- *Be specific*: Give context, actions, and results—use examples or numbers where possible.
- *Choose relevant details*: Tailor your story to the situation.
- *Create connection*: Sharing challenges and insights can build trust, it is also an opportunity for you to acknowledge others' contribution to your successes.

Questions to Help You Find Your Stories

- What challenges have I faced, and what did I learn?

- Who influenced me—or who have I influenced?
- When did I change direction, and why?
- Who or What motivates or inspires me?
- When have I felt proud, fulfilled, or successful?
- What experiences shaped my values or priorities?
- What mistakes taught me something important?
- What patterns do I notice in my skills or interests?
- What impact do I want to make?
- What environments help me thrive?
- What qualities do I want to be known for?

A Note from MTU Careers

Storytelling in a career context isn't fiction—it's about using real experiences to show your learning, adaptability, and potential. Employers make human decisions, and storytelling helps you connect your personality, skills, and growth to what they need. It takes time to reflect, but the insights you gain will strengthen interviews, networking, and applications. Share only what you're comfortable with—professional storytelling should highlight your strengths and potential while also protecting your privacy.

If you'd like support preparing your career story for interviews, networking, personal statements, applications, presentations or for your CVs, you can book an appointment with an MTU Careers Advisor on CAREERSConnect by going to <http://careers.cit.ie>

Follow MTU Careers on social media to stay updated on events and opportunities.
@mtucareerscork

STARR* - A framework guide for answering behavioural competency questions at interview.
Situation, Task, Action, Result, Reflect
Narrative CVs* - A CV format that provides a structured written description of a person's contributions and achievements in more detail than a traditional academic CV.

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Careers Advisor



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